

**A local and tailored online community supporting the mental health and wellbeing of Wiltshire residents.**



**Clic**

**Wiltshire**

To create your profile visit  
[wiltshireinclusion.service.clic-uk.org](http://wiltshireinclusion.service.clic-uk.org)

### **CLIC CHAT**

for a quick chat or any questions you may have about your mental health

### **FORUMS**

for group style chat on particular topics and shared interests

### **INFORMATION & SUPPORT**

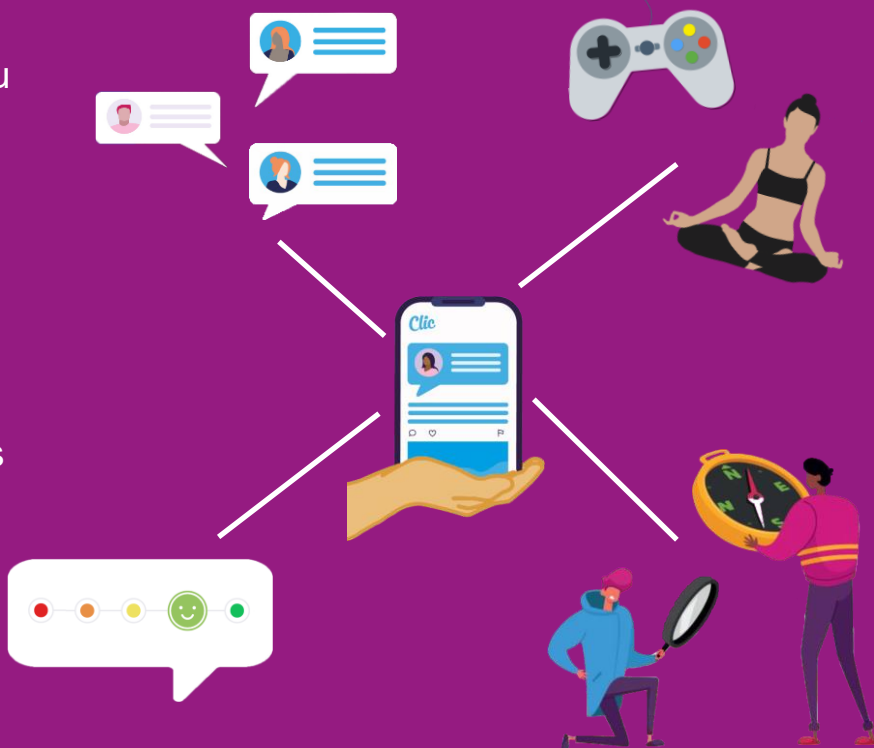
with listings of local support services and organisations

### **MOOD TRACKER**

to monitor your moods, helping to understand them

### **SAFE, SECURE AND SUPPORTIVE**

with the site moderated every day, between 8am and 10pm, and a flag button if you see any concerning content.



Find us online:



[rethink.org/wiltsmhis](http://rethink.org/wiltsmhis)



@WiltsMHIS



@wiltshire\_mhis

**Wiltshire  
Mental Health  
Inclusion Service**



Clic Wiltshire is brought to you jointly by the Wiltshire Mental Health Inclusion Service (from Rethink Mental Illness) and the Access Community Mental Health Service (an Alabaré and Rethink Mental Illness partnership). Also in partnership with Mental Health UK within Clic UK.